

## Stir Fry Vegetables

2 cups	broccoli florets	2 cups	Chicken broth, reduced salt
1 med	onion, cut into 12 wedges	2 tbsp	corn starch
6 med	carrots, diagonally sliced	2 tsp	sesame oil
4 stalks	Celery, sliced	1 tbsp	sugar
1 tbsp	vegetable oil	1 tbsp	honey
¼ cup	water	¼ tsp	Worcestershire sauce
½ lb	snow peas	½ tsp	granulated garlic
1 cup	rice, cooked	1 tbsp	soy sauce
		1 tbsp	vinegar

- 1 Prepare rice according to package instructions.
- 2 Prepare sauce. Add all ingredients to a medium saucepan and bring to slow boil, stirring constantly. When sauce begins to thicken, reduce heat to low, stirring until the boil stops, then stirring occasionally. Add water as needed to keep from getting too thick.
- 3 Prepare vegetables. In a large skillet, heat the vegetable oil over medium-high heat. Add the broccoli, carrots, onion and celery. After 2 minutes of stirring, add the water, and cover, reducing heat to medium. Stir the vegetables every couple of minutes. Cook until vegetables are almost to the desired crispness.
- 4 Add rice, sauce and snow peas to the vegetables and mix thoroughly. Cover and cook over medium heat for 3 or 4 minutes, stirring once or twice. Serve immediately.

Servings: 6

### Cooking Times

Preparation Time: 30 minutes

Cooking Time: 15 minutes

### Nutrition Facts

Serving size: ½ of a recipe (11.5 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	174.14
Calories From Fat (22%)	38.04
	% Daily Value
<b>Total Fat</b> 4.34g	<b>7%</b>
Saturated Fat 0.48g	<b>2%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 376.38mg	<b>16%</b>
<b>Potassium</b> 610.46mg	<b>17%</b>
<b>Total Carbohydrates</b> 30.39g	<b>10%</b>
Fiber 4.26g	<b>17%</b>
Sugar 12.05g	
<b>Protein</b> 4.96g	<b>10%</b>
MyPoints 3.04	